

## **ABSTRACT OF THE DISCLOSURE**

A training device for training the pelvic floor muscles of a human, which can be externally placed on the human body and can be connected to feedback units that produce feedback signals, such as vibrations. The training device is, at least on one side, aligned with the pelvic floor, can be compressed and can be axially deformed on its sensor side. A pressure force sensor unit of the training device can be positioned during the operation in such a manner that the ischial tuberosities of the pelvic floor can be situated on both sides on the pressure sensor unit, and a gravitational force component passing through the pelvic floor acts upon the pelvic floor training device, making a precise measurement of the exertion on the pelvic floor possible.